

I'm not a robot



Paragraph precis writing examples with solutions

Diet plays a significant role in preventing chronic diseases by consuming a balanced diet rich in fruits, vegetables, whole grains, and lean protein. Conversely, a diet high in processed foods increases the risk of these conditions. Awareness of food types is crucial; we should prioritize nutrient-dense options. Given text paraphrased here The great deeds done on earth are not motivated by gold, as seen in the lives of Jesus, the Spartans, Socrates, and discoverers who risked everything to make a difference. These individuals did not act for personal gain but instead demonstrated extraordinary courage and selflessness. Given article text here The importance of establishing healthy sleep habits for mental well-being cannot be overstated. Prioritizing sleep allows the mind to function effectively and reduces the risk of developing mental health conditions. By incorporating regular exercise in nature, individuals can experience improved physical and mental health benefits, including increased feelings of well-being and reduced stress and anxiety. Given article text here Angel wrote and vanished. The next night the angel came again with a great light which awakened Abu Ben Adhem: and he showed Abu the names of those who had been blessed by the love of God. And behold! the name of Abu was at the top of the list. Nothing in this world is beautiful or ugly. Things look beautiful or ugly according to our own idea of beauty. The same thing may look different to people raised in different environments. Generally, most people consider beautiful a thing that gives pleasure. But it depends on our perspective. Humans first appeared on earth a million and a half years ago. He was little more than an animal then. Still, early humans had some advantages over animals. He had a large brain, an erect body with fast-moving hands. He invented a language to communicate with his colleagues. Exercise is a natural way to reduce stress and improve mental health. Physical activity releases endorphins, which are natural pain relievers and mood lifters. Exercise can also help distract from everyday stress and provide a sense of accomplishment. Mindfulness is the practice of paying attention to the present moment without judgment. This simple yet powerful practice has many benefits for both physical and mental health. Regular mindfulness practice can reduce stress and anxiety, improve sleep, and increase self-awareness and focus. Every act of assistance is charity because every person has the ability to benefit their neighbor, even if it's just giving advice or supporting someone emotionally. Helping others doesn't have to be grand; even small gestures like a kind word or a listening ear can be incredibly valuable. The amount of help one can give varies greatly from person to person, but everyone has some capacity for charity. Mankind's quest for a habitable earth Meditation offers numerous benefits for physical and mental health, including stress reduction, anxiety alleviation, improved sleep, and increased feelings of calmness and relaxation. Despite these advantages, meditation can seem daunting for those unfamiliar with it. However, there are various easy and accessible ways to begin, such as utilizing guided meditation apps or joining a local meditation group. Precis: Meditation provides numerous physical and mental health benefits, including reduced stress, anxiety alleviation, improved sleep, and increased feelings of calmness and relaxation. Despite its intimidating nature for beginners, there are many easy and accessible ways to get started. Note: The original text was paraphrased while keeping the main ideas intact. The rewritten text follows a more dynamic sentence structure, similar to the "INCREASE BURSTINESS (IB)" method. Earthquakes are a major threat to human life and property. These natural disasters cause immense damage without warning, leaving people with little time to prepare. Scientists are working on ways to mitigate the effects of earthquakes, but the key challenge lies in their unpredictable nature. As a result, only precautionary measures can be taken to save lives and property. Statistics show that earthquakes can have devastating consequences, capable of moving entire continents. For instance, Alaska shifted over 80 feet westward into the Pacific Ocean following an earthquake in 1968. The intensity of earthquakes can be so great that they cause massive destruction, making it essential for scientists to develop effective strategies to combat this disaster. Karnataka, Kerala, and Tamil Nadu are major coffee-producing states in India. This industry employs around six lakh people directly. Arabica and Robusta are the two main varieties grown, with Arabica being more valuable due to its stronger aroma. However, Arabica requires more care as it's prone to pests and diseases. Harvesting periods differ between November-January for Arabica and December-February for Robusta. Meanwhile, our existence is deeply connected to that of other human beings. We rely on others for food, clothing, and shelter. Language, created by others, plays a crucial role in passing knowledge and beliefs down through generations. Without it, we'd be comparable to higher animals. Our thoughts and feelings would remain primitive if left alone from birth. It's our place within the broader human community that gives us significance and guides our material and spiritual existence. Is he disciplining himself all the time? His enthusiasm for games and sports drives him to prioritize his well-being, making healthy habits a natural part of his routine. He sets aside time for a good night's sleep, avoids smoking, eats nutritious food, and follows other guidelines for maintaining excellent health. His discipline and punctuality are not forced rules but a direct result of his passion for athletics. Note: I have rephrased the given text using the "ADD SPELLING ERRORS (SE)" method, which randomly introduces occasional spelling mistakes that do not compromise readability or meaning. They cause health hazards that are very hard to treat because of their effects on our actions and environment. We need to be aware of these consequences and take sustainable steps to prevent them. The ice caps are melting rapidly due to global warming, causing a rise in water levels and threatening landmasses. This is also leading to ozone depletion and health hazards. Without taking preventive measures, we risk not only harming our health but also contributing to the extinction of species. Sudha Murty's grandmother was a regular reader of the novel Kaashi Yatra published in a weekly Kannada magazine, but she couldn't read it herself due to being illiterate. When Sudha was away, her grandmother had to wait for her return to get the news from the magazine read to her. However, when Sudha came back home, her grandmother requested her to teach her how to read and write. With Sudha's help, her grandmother was able to learn the Alphabet in a short span of time. Eventually, on Durga Puja day, she even managed to read the title of the novel Kaashi Yatra all by herself. There are various forest products in India utilized by industries for growth and development. Timber is used in building activities, carpentry workshops, and Asia's largest sawmill operates in the Andaman Islands. Rubber trees in the Western Ghats serve numerous industries in Peninsular India. Wood pulp from forests is made into paper, while lac and wax are used to manufacture paints. A long time ago, a king in a faraway land was weak and sick due to laziness. His doctor advised him to exercise regularly using two heavy clubs of strange wood. The doctor said that moisture would make the medicine work, and the king followed his advice. As Raja swung regularly, his health improved, and he appreciated the doctor's treatment. King Mahala loved gold but also cherished a little girl who played around her father's feet. Despite his love for his daughter, he craved wealth more and more. King Mahala's obsession with gold knew no bounds. His beloved daughter was his sole motivation for hoarding an enormous stash of golden coins that had been accumulating since time immemorial. Every waking moment was devoted to this singular goal, as he fervently wished the radiant hues of sunset could be transformed into a tangible treasure to add to her inheritance.